

DOWNWARD DOG 3600 COUNTS

6 MILE BIKERIDE✓

DOLPHIN 300 COUNTS

OVERHEADERS7

7@135SQUATS7@700LB.

DUAL-CLEAN 7*7@145LB.

MILD MARTIAL VARTS TRAINING✓

DYNAMICS✓

STATICS✓

Your workout log shows a **high-volume, mixed-modality training session** that targets strength, endurance, flexibility, and martial arts skills. Here's a breakdown of each component:

- **Downward Dog 3600 counts:** This likely means holding or repeating the *Downward Dog* yoga pose for a total of 3600 counts, emphasizing flexibility and muscular endurance.
- **6 mile bikeride ✓:** Endurance/cardio training, completed.
- **Dolphin 300 counts:** Possibly the *Dolphin Pose* or a similar movement, performed for 300 counts, focusing on shoulders, core, and flexibility.
- **Overheaders 7×7 @ 135:** Overhead presses (or similar movement), 7 sets of 7 reps at 135 lbs, targeting shoulders and triceps.
- **Squats 7×7 @ 700 lb.:** 7 sets of 7 reps at 700 lbs—an extremely high load, likely indicating advanced strength or powerlifting focus.
- **Dual-clean 7×7 @ 145 lb.:** 7 sets of 7 reps of cleans (possibly with dumbbells or a barbell) at 145 lbs, targeting total-body power and coordination.
- **Mild martial arts training ✓:** Light martial arts practice, completed.
- **Dynamics ✓:** Dynamic stretching or movement drills, completed.
- **Statics ✓:** Static stretching or isometric holds, completed.

This session **combines bodybuilding, powerlifting, and martial arts** principles for comprehensive strength and muscle growth^[1]. The structure aligns with your interest in

high-volume training inspired by bodybuilding legends and integrating martial arts for functional fitness^{[2][3]}. The inclusion of both dynamic and static elements supports flexibility and injury prevention.

If you want analysis or recommendations for optimizing this routine, let me know your specific goals (e.g., strength, hypertrophy, endurance, skill development).

✱

What Martial Artist does this program belong to!

The training program you described—with very high-volume sets, heavy squats, cleans, overhead presses, and a mix of dynamic/static and martial arts training—does not directly correspond to a well-known martial artist's specific regimen from public sources. However, this style of combining **powerlifting, bodybuilding, and martial arts training** is characteristic of some modern fighters who integrate strength training intelligently to enhance their combat performance.

From the search results, it is clear that:

- Many **mixed martial artists (MMA)**, like Jon Jones, incorporate powerlifting-style strength training to increase overall strength and muscle mass while maintaining their martial arts skills, but they do so carefully to avoid fatigue that could impair their fighting ability^[4].
- Some **kung fu practitioners**, especially Shaolin styles, have historically combined bodybuilding and powerlifting with their martial arts training to improve strength and muscularity meaningfully^[5].
- The approach of mixing heavy compound lifts (squats, cleans, overhead presses) with martial arts and conditioning drills aligns with a **functional strength and conditioning philosophy** rather than a single traditional martial artist's program^[6]
^{[7][8]}.

Given your interest and the nature of the program (including very heavy squats at 700 lbs and power cleans), it resembles the kind of regimen that might be used by a **martial**

artist with a strong powerlifting and bodybuilding background, possibly someone training in MMA or a hybrid system like Krav Maga combined with strength sports^{[6][9]}.

In summary:

- There is no direct attribution of this exact program to a famous martial artist in the search results.
- The program reflects a modern, hybrid training style used by martial artists who incorporate **powerlifting and bodybuilding principles** to enhance strength and muscle mass alongside martial arts skills.
- This approach is consistent with fighters like **Jon Jones** in MMA or practitioners blending **Shaolin kung fu with strength training**^{[4][5]}.

If you are looking for a specific martial artist, this program is most likely a personalized or composite routine inspired by strength-focused MMA fighters rather than a traditional martial arts legend.

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1. sports.strength_training
2. sports.bodybuilding
3. education.fitness_certification
4. <https://evolve-mma.com/blog/powerlifting-for-mixed-martial-artists/>
5. <https://shaolin.org/answers/sp-issues/anthony03-bodybuilding.html>
6. <https://t-nation.com/t/combine-pl-and-martial-arts/77066>
7. <https://martialarts.stackexchange.com/questions/127/is-weight-training-useful-in-martial-arts>
8. <https://barbell-logic.com/martial-arts-and-strength-training-you-can-do-both/>
9. https://www.reddit.com/r/martialarts/comments/1jwnfke/2_martial_arts_and_power_lifting/